
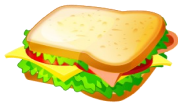




Around the Table

May

June

Tuesday	Wednesday	Thursday
<u>4</u> 	<u>5</u> Boxed Lunch Chicken Salad Pasta Salad Banana Fig Bar Cookie Yogurt	<u>6</u> Boxed Lunch Roast Beef Three Bean Salad Carrot Raisin Salad Apple Graham Crackers Yogurt
<u>11</u> 	<u>12</u> Boxed Lunch Tuna Salad Cucumber Salad Fruit Salad Pecan Spin Danish Yogurt	<u>13</u> Boxed Lunch Turkey Ham Carrot Raisin Salad Orange Sugar Cookie Yogurt
<u>18</u> 	<u>19</u> Boxed Lunch Turkey & Cheese Potato Salad Apricot Halves Sugar Cookie Yogurt	<u>20</u> Boxed Lunch Chicken Salad Vegetable Salad Sliced peaches Oatmeal Cookie Yogurt
<u>25</u> 	<u>26</u> Boxed Lunch Ham Salad Coleslaw Three Bean Salad Orange Peanut Butter Cookie Yogurt	<u>27</u> Boxed Lunch Turkey Broccoli Salad Banana Ginger Snap Cookie Yogurt




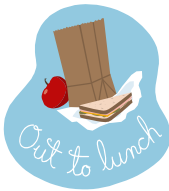


Strawberry-Spinach Salad

9 cups Spinach, torn
 1 pint Strawberries, sliced
 1/2 cup Almonds, slivered & toasted

Dressing

1/4 cup Vegetable Oil
 2 Tbls Sugar
 2 Tbls Apple cider vinegar
 1/4 tsp Paprika
 1/8 tsp Worcestershire Sauce
 1 tsp Poppy Seed
 1 tsp Sesame Seed
 1 Tbls Onion, chopped

Combine dressing ingredients in blender and toss with salad just before serving. Serves 6 - 8

Tuesday	Wednesday	Thursday
<u>1</u> 	<u>2</u> Boxed Lunch Tuna Salad Cucumber Salad Fruit Salad Pecan Spin Danish Yogurt	<u>3</u> Boxed Lunch Turkey Ham Wrap Carrot Raisin Salad Orange Sugar Cookie
<u>8</u> 	<u>9</u> Boxed Lunch Ham Salad Coleslaw Three Bean Salad Orange Peanut Butter Cookie	<u>10</u> Boxed Lunch Turkey Wrap Potato Salad Apricot Halves Sugar Cookie Yogurt
<u>15</u> 	<u>16</u> Boxed Lunch Chicken Salad Green Pea Salad Garden Rotini Orange Oatmeal Cookie Yogurt	<u>17</u> Boxed Lunch Tuna Salad Broccoli Cheese Salad Orange Devil Food Cookie
<u>22</u> 	<u>23</u> Boxed Lunch Roast Beef Salad Three Bean Salad Carrot Raisin Salad Apple Graham Cracker Yogurt	<u>24</u> Boxed Lunch Egg Salad Green Pea Salad Orange Oatmeal Raisin Cookie Yogurt
<u>29</u> 	30 Patriotic Luncheon \$6.00 Hamburger or Hot Dog, Baked Beans, Potato Salad, Chips & Banana Pudding	

Have you heard? We now have Zumba Gold workout sessions in the ballroom every Monday and Friday at 1:00. It's a fun way to get your exercise while moving to music with a Latin beat. Everyone can do this since you work at your own pace thru various dance/exercise steps. It the hottest new exercise craze to hit senior centers in years!

